

**BEHAVIOR CHANGE CONSORTIUM — COMMON CONSTRUCTS/MEDIATORS**

<b>Construct</b>	<b>Operational Definition</b>	<b>Application</b>	<b>Projects Assessing</b>	<b>Questionnaire</b>
Activity	Amount of time participating in various activities	Exercise	University of Maryland	
Alcohol Use	Use index based on the AUDIT	Alcohol	University of Michigan	AUDIT
Aspirations Index	Intrinsic and extrinsic values	Smoking/Diet (lipids)	Rochester	Relative Intrinsic Values Scale
Autonomy support by health care providers	Autonomy supportiveness of the health care environment	Smoking/ Diet (lipids)	Rochester	Health Care Climate Questionnaire (HCCQ)
Attendance	Attendance at weekly meetings	General	University of Minnesota Oregon Research Institute	
Blood Pressure (120/80 mm/hg)	Systolic and diastolic blood pressure	General	Cornell University	
Cessation Strategies	Strategies utilized to initiate & maintain cessation	General	University of Minnesota	
Comorbidity		General	Cornell University	Charlson Comorbidity Index
Competence	Perceived competence (similar to self-efficacy)	Smoking/ Diet (lipids)	Rochester	
Consequences of Behavior Change	Perceptions of the outcomes afforded by and processes associated with change in behavior	Smoking	University of Minnesota	
Cues to Action	Situational cues that trigger or suppress a behavior	Alcohol Exercise Fruit/Vegetable Consumption Smoking	University of Michigan University of Michigan University of Michigan University of Michigan	
Decisional Balance	Pros and cons of performing a behavior	Alcohol Exercise  Fruit/Vegetable Consumption  Smoking	University of Michigan Stanford University University of Michigan University of Rhode Island University of Michigan University of Rhode Island Miriam Hospital University of Michigan	Decisional Balance Measure
Depression (CESD)	Depressive symptoms	General  Exercise	Harvard School of PH Illinois Inst. Tech. Oregon Research Institute Rochester Univ. of Tennessee, Memphis University of Maryland	
Diabetes (blood sugar)	Hemoglobin A1C level or participant's estimate of low-average-high blood sugar	General	Cornell University	

Diet	Vegetable consumption	Vegetable Consumption	University of Michigan	
	Average servings of fish per week	Dietary Fish Intake	Cornell University	
	Average servings per week of red meat	Dietary Red Meat Intake	Cornell University	
	Average daily intake of fiber (grams/day)	Dietary Fiber Intake	Cornell University	
	Average daily intake of flavonoids (mg/day)	Dietary Flavonoids Intake	Cornell University	
	Average daily intake of folic acid	Folic acid/folate intake from diet and supplements	Cornell University	
	Average daily dietary intake of cholesterol & saturated fat	Dietary cholesterol & saturated fat intake	Cornell University	
	Dietary polyunsaturated fat intake	Average daily dietary intake of polyunsaturated fat	Cornell University	
Emotional Support	Functional characteristics of social interactions	General	Univ. of Tennessee, Memphis	
Exercise	The amount of time participating in either aerobic or resistive exercise	Exercise	University of Maryland	
	NHANES Physical Activity Scale	Exercise	University of Michigan	NHANES Physical Activity Scale
	Average weekly kilocalories of exercise/aerobic exercise/strength training	Exercise	Cornell University	
Falls	An unintentional change in position resulting in coming to rest on the ground	Exercise	University of Maryland	
Fear of Falling	Self-reported of fear of falling	Exercise	University of Maryland	
Functional Performance	Ability to perform activities of daily living	Exercise	University of Maryland	
Food Insecurity			Harvard School of PH	
Goals	Individual's intention to perform target behavior	Fruit/Vegetable Consumption Physical Activity	Kansas State Kansas State	
	Group's intention to perform target behavior	Env. Change Behaviors	Kansas State	
	Number of goals set to change behavior	Smoking ETS Reduction	Miriam Hospital Miriam Hospital	

Health Status	Self- reported physical and emotional health impact on daily activities	Exercise	University of Maryland	
	Participant perception of current health and disease state self-report	General	University of Michigan	
Healthcare Climate	Satisfaction with provider/peer mentor relationship	General	Univ. of Tennessee, Memphis	
Heart Rate (<75 bpm)	Average heart rate based	General	Cornell University	
Locus of Causality Orientation	Perceived autonomy, control, and impersonal orientations	Smoking/Diet (lipids)	Rochester	General Causality Orientation Scale (GCOS)
Low-Dose Daily Aspirin	Does participant takes 1 aspirin (325mg) or baby aspirin (81mg) per day?	General	Cornell University	
Mastery	Global sense over one's ability to exercise	Exercise	Stanford University	
Mood	Positive and negatively valenced feeling states	General	University of Minnesota	
Motivation	Level of motivation to change risk behavior	Alcohol Diet Exercise Smoking	University of Michigan University of Michigan University of Michigan Miriam Hospital University of Michigan	
Motivation (Extrinsic)	Degree of reinforcement derived from external rewards for exercising	Exercise	Stanford University	Extrinsic Motivation Inventory
Motivation (Intrinsic)	Degree of reinforcement inherent in simply performing exercise	Exercise	Stanford University	Intrinsic Motivation Inventory
Muscle Strength	Strength of muscle contractions using manual testing	Exercise	University of Maryland	
Optimism	Positive appraisal and coping with stressors	General	Univ. of Tennessee, Memphis	
Optimistic Bias	Belief that risk of health problems from smoking is less than other smokers or non-smokers	Smoking	Miriam Hospital	

Outcome Expectations	Belief that performing a specific behavior will result in a given outcome  Expectations regarding the outcomes that will be associated with initiating, maintaining and failing to maintain a change in behavior  Judgements of the likely group social and task consequences of performance of target behavior  Outcome expectations associated with child's passive smoke exposure	Exercise/ Physical Activity  Fruit/Vegetable Consumption After-School Program School Lunch Purchase  Smoking  Group Integration (Social, Task)  Smoking	Kansas State University of Maryland Univ. of Tennessee, Memphis Kansas State Kansas State Kansas State  University of Minnesota  Kansas State  Miriam Hospital	
Pain	Self-reported pain over the past week	Exercise	University of Maryland	
Perceived Effectiveness	Perceived effect of changing behavior to reduce health risk to self  Perceived effect of changing behavior to reduce health risk to child  Perceived effect of changing behavior to reduce health risk to others	Smoking  Smoking  Smoking	Miriam Hospital  Miriam Hospital  Miriam Hospital	
Perceived Severity	Perceived threat of hazard to self  Perceived threat of hazard to child	Smoking  Smoking	Miriam Hospital  Miriam Hospital	
Perceived Vulnerability	Perceived level of personal risk for hazard	Smoking	Miriam Hospital	
Personal Strivings	Prioritization of health behavior change in context of other personal goals	General	Univ. of Tennessee, Memphis	
Problem Solving/ Coping Ability	Ability to generate strategies to overcome obstacles to managing chronic illness	Diet/Exercise/ Stress Management	Oregon Research Institute	
Processes of Change	Frequency of utilizing specific strategies to facilitate behavior	Exercise  Fruit/Vegetable Consumption	Stanford University University of Rhode Island  University of Rhode Island	Processes of Change

Program/Service Utilization			Harvard School of PH	
Prompting	Personal letter from Primary Care Physician within printed brochure	Various	University of Michigan	
Satisfaction with Behavior Change	Satisfaction with the outcomes afforded by and the processes associated with the change in their behavior	Smoking	University of Minnesota	
Satisfaction with Information Exchange	Satisfaction with interchange of information with provider/peer counselor	General	Univ. of Tennessee, Memphis	
(Self-)Efficacy	Confidence to perform behavior for at least 6 months	Diet/Exercise	Cornell University Oregon Research Institute	Stanford Self-Efficacy Scale
	Confidence in one's ability to perform a behavior (performance)	Alcohol Exercise/ Physical Activity	University of Michigan Stanford University Cornell University Kansas State University of Maryland University of Michigan University of Rhode Island Univ. of Tennessee, Memphis	
	Confidence in one's ability to perform when faced with specific obstacles (barriers)	Fruit/Vegetable Consumption	Kansas State University of Michigan University of Rhode Island Miriam Hospital University of Michigan Miriam Hospital	Stanford Self-Efficacy Scale
	Beliefs in one's ability to organize and execute the courses of action required to produce a goal	Smoking	ETS Reduction	
	Group's shared belief in its conjoint capabilities to organize and execute target behavior	Exercise	Stanford University Univ. of Tennessee, Memphis	
		Smoking	University of Minnesota	
		Exercise/ Physical Activity Fruit/Vegetable Consumption	Kansas State Kansas State	
		Env. Change in School Lunch Program/After School Program/Curriculum	Kansas State	
		Strategic/Action Planning	Kansas State	

Self-Regulation	Three sub-scales: unpressured motivation for behavior change (autonomous); pressured change motivation (controlled); unmotivated (amotivated)	Smoking/Diet (lipids)	Rochester	Treatment Self-Regulation Questionnaire (TSRQ)
Serum Cholesterol	Serum cholesterol levels	General		
Smoking	7- and 28-day abstinence	Smoking	University of Michigan	FTND
	Whether or not the patient has stopped smoking ( or continues not to smoke) and total cigarette packs per day	Smoking	Cornell University	
Social Exchange	Perceptions of valence of social exchanges with a counselor	General		
Social Support	Extent of social support network	General	Harvard School of PH Oregon Research Institute	Social Network Index
	Perceived available social support	General  Alcohol Exercise Fruit/Vegetable Consumption Smoking	Harvard School of PH Oregon Research Institute Miriam Hospital University of Michigan Univ. of Tennessee, Memphis University of Michigan University of Michigan	Social Support Questionnaire
	Frequency of use of supportive resources for managing chronic illness	Diet/Exercise/ Stress Management/ Smoking Cessation	Oregon Research Institute	Chronic Illness Resource Survey
	Frequency of receiving social support	Exercise	Stanford University	Social Support for Exercise
Stages of Change	Precontemplation, Contemplation, Preparation, Action, and Maintenance	Alcohol	University of Michigan	
		Diet (various specific behaviors)	Cornell University University of Michigan	
		Physical Activity (general, aerobic, strength)	Cornell University University of Michigan	
		Smoking	Cornell University University of Michigan	

Stress	Perceived stress	General	Oregon Research Institute Miriam Hospital Stanford University University of Michigan Univ. of Tennessee, Memphis	Perceived Stress Scale
	Stressors that present obstacles to adhering to health lifestyle practices	Diet/Physical Activity/ Stress Management	Oregon Research Institute	Challenges to Self-Care (Barriers)
	Chronic environmental/daily stressors (hassles)	General	Univ. of Tennessee, Memphis	
Symptomology	Somatic and psychological distress-somatization, obsessive worry, hostility, depression, anxiety	General	Oregon Research Institute	Hopkins Symptom Checklist
Treatment Efficacy	Confidence in the intervention's ability to provide participants with new information and practical skills for cessation	Smoking	University of Minnesota	
Weight Control	Body mass index	General	Cornell University	